

Dash

拍数: 32 墙数: 4 级数: Improver
编舞者: Sally Hung (TW) - May 2017
音乐: Dash - Baek Ji Young (백지영)



Sequence of dance:

Tag after finishing S2 of Wall 6, facing 6:00

Ending: after finishing Wall 9, add a S4, then ½ L facing 12:00

Intro: 36 counts from heavy beats (aprox 30 sec.)

Tag (4 counts)

1&2,3&4 Rock R to R, recover onto L, cross step R over L, rock L to L, recover onto R, cross step L over R

Main dance (32 counts)

S1. SIDE, TOGETHER, SIDE, TOUCH, SIDE, TOGETHER, SIDE, ¼ R BACK ROCK, RECOVER, ¼ L FWD, ¼ L BACK ROCK, RECOVER, FWD

1&2& Step R to R, step L together, step R to R, touch L together

3&4 Step L to L, step R together, step L to L

5&6 ¼ R rocking back on R, recover onto L, ¼ L stepping fwd R

7&8 ¼ L rocking back on L, recover onto R, step L fwd

S2. MAMBO FWD, ¼ L COASTER STEP, FWD LOCK STEP, ¼ L FWD LOCK STEP

1&2 Step R fwd, recover back on L, step R back

3&4 ¼ L stepping back on L, step R together, step L fwd

5&6 Step R fwd, lock step L behind R, step R fwd

7&8 ¼ L stepping L fwd, lock step R behind L, step L fwd

S3. VINE R WITH TOUCH, BUMPS, SIDE, BEHIND, ¼ L, TOUCH, BUMPS

1&2& Step R to R, cross step L behind R, step R to R, touch L toes fwd

3&4& Bump hips LRLR

5&6& Step L to L, cross step R behind L, ¼ L stepping L fwd, touch R toes fwd

7&8& Bump hips RLRL

S4. FWD, SWEEP, FWD, SWEEP, CROSS, SIDE, BEHIND, SWEEP, ¼ R, FWD, ROCKING CHAIR

1&2& Step R fwd, sweep L from back to front, step L fwd, sweep R from back to front

3&4 Cross R over L, step L to side, step R back

5&6 Sweep L back and step in place, ¼ R stepping R fwd, step L fwd

7&8& Rock R fwd, recover onto L, rock back on R, recover onto L

Happy Dancing!

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